Amendments to the Claims:

The following listing of claims replaces all prior versions and listing of claims in the application.

Listing of Claims:

1-3.　　(Canceled)

4.　　(Currently Amended) An exercise apparatus comprising:

a frame;

at least one treadle having at least one tread;

a master control unit;

a first sensor, in communication with the master control unit, which generates a first signal indicative of an effective tread speed for the apparatus;

a resistive element operably coupled with the at least one treadle, the resistive element including at least one resistance level; and

a second sensor in communication with the master control unit

wherein the at least one treadle is ~~configured~~pivotally attached to the frame to perform a downward movement in response to an increase in a force applied by a user ~~applied weight~~ and to perform an upward movement in response to a decrease in the force applied by the user ~~applied weight~~; and

wherein the second sensor generates at least one second signal with [[each]]at least one of the downward movement and the upward movement of a treadle.

5.　　(Previously Presented) The exercise apparatus of claim 4, wherein the master control unit calculates an amount of energy expended based upon the first and second signals.

6.　　(Previously Presented) An exercise apparatus comprising:

at least one treadle having at least one tread;

a master control unit;

a first sensor, in communication with the master control unit, which generates a first signal indicative of an effective tread speed for the apparatus;

a resistive element operably coupled with the at least one treadle, the resistive element including at least one resistance level; and

a second sensor in communication with the master control unit

a data structure containing data indicative of the amount of energy expended for at least one of a given effective tread speed and a given resistance level;

wherein the at least one treadle has at least one movement;

wherein the second sensor generates at least one second signal with each movement of a treadle; and

wherein the master control unit calculates an amount of energy expended based upon the first and second signals, and the master control unit utilizes data from the data structure in calculating the amount of energy expended.

7-18.

19.   (Previously Presented) An exercise apparatus comprising:

at least one treadle having at least one tread;

a master control unit;

a first sensor, in communication with the master control unit, which generates a first signal indicative of an effective tread speed for the apparatus;

a resistive element operably coupled with the at least one treadle, the resistive element including at least one resistance level; and

a second sensor in communication with the master control unit

wherein the at least one treadle has at least one movement;

wherein the second sensor generates at least one second signal with each movement of a treadle; and

wherein the master control unit determines an amount of calories expended based upon the second signal when the first sensor provides a null reading.

20.   (Original) The exercise apparatus of claim 19, wherein the apparatus is configured in stepping mode.

21.   (Previously Presented) An exercise apparatus comprising:

at least one treadle having at least one tread;

a master control unit;

a first sensor, in communication with the master control unit, which generates a first signal indicative of an effective tread speed for the apparatus;

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a resistive element operably coupled with the at least one treadle, the resistive element including at least one resistance level; and

a second sensor in communication with the master control unit

wherein the at least one treadle has at least one movement;

wherein the second sensor generates at least one second signal with each movement of a treadle; and

wherein the master control unit determines an amount of energy expended based upon the first signal when the second signal provides a null reading.

22.   (Original) The exercise apparatus of claim 21, wherein the apparatus is configured in treadmill only mode.

23-34. (Canceled)

35.   (Original) The exercise apparatus of claim 4, wherein the at least one treadle has at least a downward movement; and

wherein the second sensor generates the at least one second signal with each downward movement of a treadle.